



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01161, Cheese substitute, mozzarella

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	47.36	4	0.718	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	248	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1038	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	11.47	4	0.589	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	12.22	4	0.422	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	5.27	4	0.085	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	23.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	23.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<strong>Minerals</strong>													
Calcium, Ca	mg	610	4	182.345	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	41	4	6.332	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	583	4	155.892	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	455	4	233.722	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	685	4	272.760	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.92	4	0.932	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.110	4	0.063	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.028	4	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	19.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.1	4	0.039	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.026	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.444	4	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.317	4	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.083	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.051	4	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	11	4	6.394	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	11	4	6.394	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	13.7	--	--	--	--	--	--	--	--	Calculated or imputed	01009	03/2007
Vitamin B-12	µg	0.81	4	0.042	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	437	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	437	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	1457	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	3.711	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.048	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.049	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	2.369	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	1.222	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	6.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	6.243	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.738	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	1.664	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.074	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	4	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

**Amino Acids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.397	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.570	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.924	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.793	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.572	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.273	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.682	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	2.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	1.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.532	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003